

Making And Breaking Tradition

DOING THE HOLIDAYS YOUR WAY.

Let go of the stress of trying to create the perfect holiday, and make the holiday your own.

Your Employee Support Program can help with:

- Articles and tip sheets on holidays and stress
- Audio on the holiday blues
- Referrals for volunteer opportunities
- Information on communication and families

**Confidential and Free
face-to-face
Counseling Sessions**

TOLL-FREE: **800-731-6501**

WEBSITE:

www.NewAvenuesOnline.com

PASSWORD: **EAP**

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.



EMPLOYEE ASSISTANCE PROGRAM NOV 2016